



Laugh Friendly

Indiana 4-H Civic Engagement Leader Activity

Laugh Friendly - Bring Fun and They Will Come

Audience: Grades 3-12

Duration: Time overall—varies per activity

Overview: This lesson includes activities that can be led with club members to make meetings a FUN place they want to go!

Objectives: Participants will learn activities to use with club members designed to engage them in physical activity, learn about teamwork, and get to know one another.

Materials: See each activity for a list of materials needed.

Instructions: Are provided next to each activity listed on the following pages.

Snack Chatter (Sweet Tooth) Little does everyone know the amount of items he/she takes for himself/herself means how much he/she gets to participate later!

Materials: Bag of assorted candy, popcorn, raisins, grapes, etc.

Instructions: Begin by letting the 4-H members take an item (or as many as they like!) from a bowl and then form a circle. For every piece they took, they have to say something about themselves (don't tell them this at the beginning!) Go around the circle as many times as needed. Once they have said something about themselves, they are welcome to eat their item. Remember, if someone doesn't feel comfortable about continuing to share something about himself/herself, be prepared to ask him/her simple questions such as his/her favorite color, or go on to the next person. (Worthington, Blake, & DuBay, 2009)

Quick Think (Name 2-6 or Change Up) – can be used with Snack Chatter

Materials: List of subjects

Instructions: This is an exercise for building trust and helping team members get to know each other better. The team members sit in a circle with the facilitator sitting in the middle. The facilitator chooses one of the team members to start and asks the team members to name, in turn, six places that they have visited. The process is repeated with another subject, but starting with the next team member in the circle. Continue the session with additional subjects. Start with easier subjects such as 'places you have visited.' Other possible subjects are:

- Jobs or roles that you have had.
- Things that embarrass you.
- Things you are good at.
- Things you like.
- Things that you find difficult.
- Things you dislike.

Animal Sounds – can be used with Snack Chatter

Materials: List of animals

Instructions: Make the animal sound I name for as many seconds as you have sweets (you picked up in Snack Chatter). Use as many barnyard or wildlife critters as you wish. Hold up your hand and count the seconds off.

Either/Or....

Materials: List of either/or questions

Instructions: This is another great exercise for helping larger groups of people get to know each other better...and get moving!

Ask the group to stand in the middle of a large space. Then ask an either/or question and request the group to split up according to how they would answer the question. For example, you could ask them whether they prefer a sweet or savory treat and then request that the people who have a 'sweet tooth' go to one end of the room – and the people who have a 'savory tooth' go to the opposite end of the room. Ask another either/or question, but this time ask the people to congregate at the sides of the room so that everyone has to change positions. Choose a set of either/or questions that are relevant to the event and let the exercise continue until you feel that the participants are starting to get to know each other.

Examples include:

- Pie or cake
- Club's Most Important Activity: Fun OR Service
- 4-H Project areas you like better: Animals OR Non-Animals
- Cows & Horses OR Goats & Sheep
- Kissing or Hugging
- Rock or Country
- Cats or Dogs

Squats, Jump & Blast Off for Health

Materials: Statements to read; music source/speaker (optional)

Instructions: The recreation leader reads one of the statements from the list. If the members agree with the statement read, they get into a squatting position. For the next round of statements, they do jumps; for the third round they do blast offs (blast off is a squat and a jump). Optional if you have music – students dance if they like the statement read. Rotate among these exercises for as long as you would like the activity to last.

Example statements to read:

1. I like green beans
2. I have been to the Grand Canyon
3. I like spinach
4. I have been to a Pacers basketball game
5. I have vacationed in Florida
6. I have never been West of the Mississippi River
7. I have water skied
8. I like steak
9. I have had BBQ baby back ribs in the last year.
10. I know a famous person.
11. I love to fish.
12. I have been to Canada.
13. I like peas.
14. Subway is my favorite fast food.
15. My favorite state is somewhere other than Indiana.
16. My favorite state is Indiana.
17. My favorite treat is chocolate candy.
18. My Favorite football team is the Colts.
19. I love Easter candy.
20. Christmas is my favorite holiday.
21. I love to play basketball.
22. I love to watch movies.
23. I do like to eat corn on the cob.
24. I like fresh tomatoes.
25. I learned something about someone else here.

Zip Zap (Zup):

Materials: None

Instructions: Players sit in a circle, and each person acquaints himself/herself with the person on either side. "It" is in the center of the circle, points to anyone in the circle, and says either "Zip" or "Zap." If "It" says "Zip," the person must give the name of the person on his/her right before the count of five. If "It" says "Zap," the person must give the name of the person to the left before the count of five. If the person pointed to fails to do this, that person exchanges places with "It."

Additional suggestion: You may wish to use several "Its" in a large circle. To add confusion, you might add the word Zup, which means the player says his/her own name. When most players know their neighbors, call out "Fruit Basket Upset" and everyone must change chairs; the last one(s) finding a chair is "It."

Master Blaster

Materials: None

Instructions: Have the group sit or stand in a circle in this game of follow the leader. One person is chosen to be the "Blaster" and is asked to go out in the hall. One other person in the circle is then chosen to be the "Master." The Master is followed in all the things they do. The Blaster is invited to return to the middle of the circle and must find out who the Master is. The Master starts doing things that others mimic. The Master does gestures like pats head, pulls ear, taps chin, claps, rubs belly etc. The Blaster has three chances to correctly identify the Master. At the end of three chances, the Blaster and Master select their replacements from people in the circle.

Dragon Dodge Ball

Materials: Soft Dodge Ball

Instructions: Have the entire group make a circle. Pick four to five people for each team. The first team goes into the center of the circle and forms a line by attaching their hands to the waist of the person in front of them. The people who make up the circle throw the ball at the "dragon," trying to hit the last person below the waist. Once hit, the last person returns to the outside circle and players continue to hit the new person at the end of the dragon until there is only one person left and they too are hit. A new team then goes into the middle. Time each team to see which one can last the longest.

Additional suggestion: You can have one team in the center and the person who hits the tail becomes the head of the dragon....a never ending game....where you don't compete by teams.

Chip on Your Shoulder

Materials: Potato chips

Instructions: In this stunt, you will need a potato chip and a volunteer. Simply ask, "Who is hungry and likes chips?" Then have the volunteer come forward and place a chip on their shoulder. Ask them their name and then tell them, now to eat the chip and be successful in this game, you have to get the chip to your mouth and not use your hands. You can move your shoulder, mouth, and tongue to get the chip to your mouth. Then the fun begins. Even more fun is to have two people compete in the contest. Of course while they are up there struggling, you can say, "What's the matter, have a chip on your shoulder or something?"

Jump a Buck

Materials: \$5 bill

Instructions: In this stunt you offer a \$5 bill if someone volunteers to jump over it. Lay it on the floor and say, Who can jump over it? You will get several volunteers. Then say, “Well since it is my \$5, I will make the rules. You simply have to bend over and hold your toes of your shoe and then jump over the bill!” Go! Very few can.

Two Circles - Human Knot

Materials: None

Instructions: Divide the group into groups of 5-7 people. Each group forms a circle and stands shoulder to shoulder. On the signal of the leader, put all right hands in the air and on the next signal, reach across the circle and join hands with another person. Be sure this isn't the person next to you. Repeat the same with your left hand with a different person than with whom you joined right hands. Now see if the whole group can untangle itself without unlinking hands. Leadership should develop within the group as they figure out the best strategy to untangle each other.(Human Knot Icebreaker, 2008)

Processing questions to ask include: What did you learn about teamwork from this activity? About leadership? How would you apply this to our work together in 4-H? In school?

Cheese Puff Beard

Materials: garbage bags, shaving cream, cheese puffs (or similar item)

Instructions: Divide your group into teams with about 3-5 people on each team (make sure the teams are even). Get one person from each team to sit on a chair, and put a garbage bag around them (make sure there's a hole for their head). Then spray shaving cream over their face, being very careful not to get any in their eyes or mouth. You are to form a big beard on their face and upper neck (below the eyes). The rest of the team then stands behind a line with a packet of Cheese puffs or Cheetos, and throws one at a time at the person's beard. The team with the most Cheese puffs or Cheetos on the beard at the end, wins.

Additional suggestion: Use a series of questions about 4-H, a particular project, etc. to let teams earn Cheetos for throwing.

Kitchen Relay

Materials: Assorted mixing cups, spoons, and other food utensils; slips of paper with names of items written on them (1 name/slip).

Instructions: Teaching kids about mixing food and kitchen utensils can be fun with this relay of two teams with a table full of mixing cups and mixing spoons between them. Give each team slips of paper, each with the name of a kitchen utensil that they will bring to the leader. Have the leader of each team give a slip of paper at random to each team member. First one to find the correct items and get them all to the leader wins. Naturally if they do not find the correct item – they get to go again. Note on safety – don't use sharp items.

Additional suggestion: Have the youth do jumping jacks (or similar exercises), while they wait in their relay lines, or if there was only one sample of the item on the table and the other team got to it first.

Examples of items written on your slips of paper:

Teaspoon	Wooden Spoon	Tongs
Tablespoon	Strainer	Pastry Blender
Liquid Measure Cup	Can opener	Cutting Board
Spatula	Wire Wisk	Sauce pan
Scraper	Sifter	Frying Pan